

THE SHAKERITE

December 15, 2005 • Volume 76 • Issue 4 • Shaker Heights High School • 15911 Aldersyde Drive • Shaker Heights, Ohio 44120

Bagging the competition



Hockey fans continue to demean Shaker's rink rivals

FOR COMMENTARY SEE PAGE 8, RAIDER ZONE



GET IT WHILE IT LASTS

CASH IN AND TAKE ADVANTAGE OF THE ULTIMATE SHAKERITE SHOPPING GUIDE. WHETHER YOU HAVE A JOB OR YOUR MOM'S CREDIT CARD, IT'LL HELP YOU MAKE THE MOST OF YOUR MONEY.

PAGE 4



FINALS OR FILMS?

OBVIOUSLY, WE'D ALL RATHER STUDY THAN WATCH A DVD. BUT JUST IN CASE THE MOVIES HAVE MORE APPEAL, CHECK OUT FOUR FLICKS THAT MAKE FOR GOOD PROCRASTINATION VIEWING.

PAGE 7



RING IN THE NEW ARTIST

STRAIGHT FROM GRAPHIC DESIGN CLASS, SENIOR YANNI DAVROS JOINS US AS AN EDITORIAL CARTOONIST.

PAGE 5



COVER SHOT

Junior Katherine O'Bryon unrolls a trash bag from one of the two rolls of white trash bags Mike Mankowski and friends brought to the Dec. 2 hockey game vs. Parma Padua at Thornton Park. Junior Jamie Marx waves an inflated bag in the background. According to Marx, Shaker fans chanted "White trash" at the Padua spectators and players. "It was just a way to make the other team feel bad and have more Shaker spirit," she said. Photo by David O'Connell.

What's Inside

12.15.05

EDITORS' NOTE Flex nights fall flat

As first semester comes to a close, we took a look back at how things that have changed -- kind of a "Where are they now?" Shakerite-style. This month's feature, inspired by a mix of sleep deprivation and excessive stress, is flex night. As we prepare for tonight's homework lineup of math, science, English, history, French, Spanish, Film as Art, (the list goes on, and on and on), it seems that flex night has taken an extended break.

It's understandable that dealing with crazy schedules and after-school meetings can disrupt planned curricula. Deviations from outlined flex nights are not always preventable. However, whether or not teachers recognize this, it causes problems for students (and discourages us from planning ahead to manage our work).



Aviva Ariel

Homework, in theory, is meant to prepare us for unit tests and finals, but how can we truly prepare when we're crammed for time? Last month, The Shakerite published a four-page exploration of sleep deprivation. When already tired teens are forced to do about three hours of homework and an additional three of studying each night, the options become clear: we can either study all night and sleep through our exams; or, wake up cheery-eyed but the spend the period staring blankly at the questions.



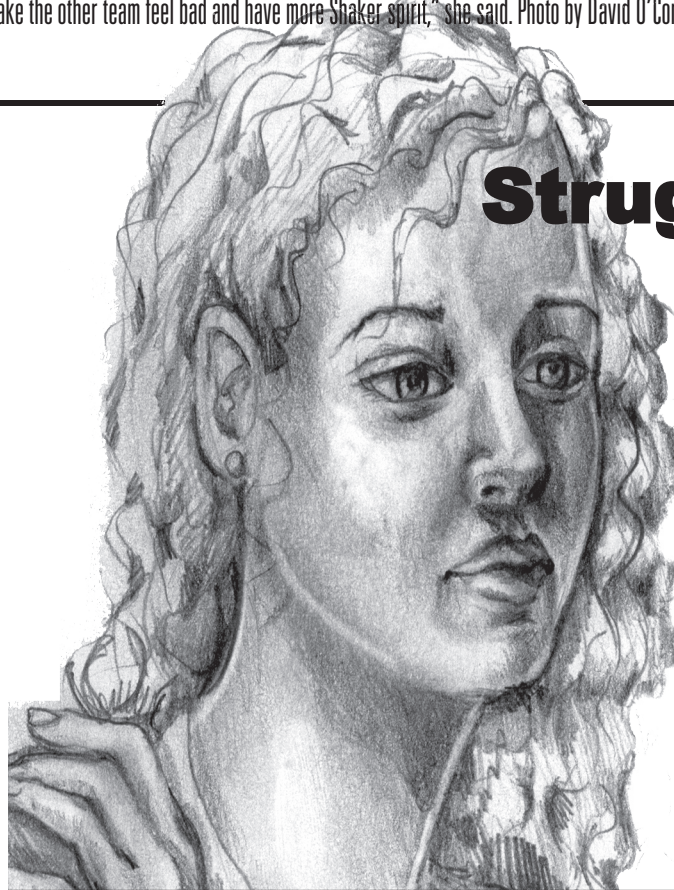
Emily Grannis

Relief from any amount of work is helpful, and flex nights, in theory, help provide some breathing room, but when teachers decide to mix them up or never observe them at all, we often face a cycle of minimal work followed by overwhelming assignments. To make our point, we could play a little game of Points for Planning. Teachers, give yourselves 10 points if you use handy, computerized calendars. We're admittedly anal, so these charts and syllabi make us happy. Now, take away two points for every time you change those calendars. Rearranging schedules only leads to confusion and frustration.

Our favorite form of the inflexible flex night is Classwork: Extreme Home Edition. The 30 book problems or five chapters of reading assigned to do in the last 20 minutes of class (due the next day) are obviously meant to be homework. And scheduling a 75-point "quizzam" (or "quest," if you will) for a day that's not a testing day is just plain cruel. But don't feel bad, because as long as you don't call it the "T-word," you're OK. Don't worry, we won't notice, and you're technically following the rules. (Thinking along those lines, we've realized that if we wear hats in class, but call the room a "hallway," no school rule is being broken.)

The administration is just as logical. In case you didn't know, because you've probably never experienced it, Mondays are math and social studies flex nights, Wednesdays are English, Thursdays are foreign language and Fridays are science. Notice any problems? Why we need to have two flex nights on Mondays and none on Tuesdays is beyond us.

So, teachers, imagine our sad little faces falling asleep on our text books next time you ignore a flex night.



Struggling with self-injury

Thirty-five percent of people in the United States are depressed, including 8.3 percent of adolescents. Stress can add to feelings of helplessness and lead some to injure themselves. This month, The Beat explores this hidden trend at Shaker.

PAGE 6, THE BEAT



ACTORS LIT UP 'TWELFTH NIGHT'

Check out how "cross-dressing, love triangles and mistaken identity made for Shaker's fabulous production" of Shakespeare's "Twelfth Night: Or What You Will." One Shakerite editor declared the production amazing. Although the play was long and the plot confusing, this review is short and sweet.

PAGE 7, LIMELIGHT

FIND IT!

Check out the calendar page for Heard in the Halls this month.

PAGE 3, THIS MONTH

THE SHAKERITE
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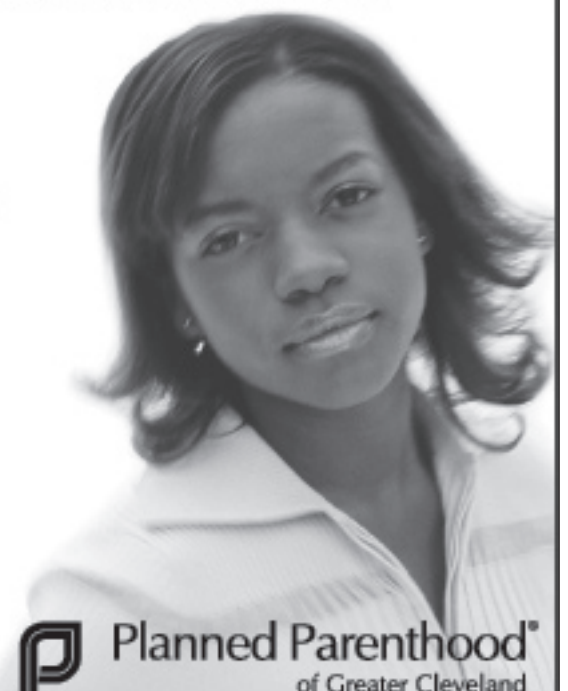
GREATER

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This Month

12.15.05

“The manliest vehicle you can have is a chopper with a snow plow.”
11/21

“This class is a complete sausage fest.”
11/28

“[Talking about chips called Simply Naked]
You can’t be simply naked all by yourself.”
12/2



“You can’t flatulate poetry.”
11/29

“I wouldn’t be an actor if I didn’t have an ego.”
12/1

“So if you covered 1 percent of the U.S. with soy sauce, you would win!”
12/1



TRIVIA DAY

1. The Baby Ruth candy bar was actually named after Grover Cleveland’s baby daughter, Ruth.

2. The king of hearts is the only king without a moustache in a standard playing card deck.

3. Every square inch of the human body has an average of 32 million bacteria on it.

4. Statistically you are more likely to be killed by a champagne cork than by the bite of a poisonous spider.

5. A cough releases an explosive charge of air that moves at speeds up to 60 mph.

6. Humans shed about 600,000 particles of skin every hour -- about 1.5 pounds a year. By age 70, an average person will have lost 105 pounds of skin.

7. You share your birthday with at least 9 million other people around the world.

8. More than 2,500 left-handed people are killed each year from using products made for right-handed people.

9. No word in the English language rhymes with month, orange, silver or purple.

10. Most American car horns honk in the key of F.

Compiled from www.corsinet.com/trivia/

top 10

AS IF YOU WEREN’T WORRIED ABOUT YOUR MATH FINAL . . .

Although Friday the 13th will occur only twice in 2006, one of those unlucky days coincides with our social studies and math final exams. As if taking two difficult three-hour exams is not enough to worry you, these two finals will be administered on the most superstitious of days. The fear of Friday the 13th, also known as paraskevidekatriaphobia (no, really), affects 21 million people and is a combination of two long-time superstitions: Friday and the number 13. The fear of Friday can be traced back to the Bible, and the number 13 has been unnerving people since the medieval times. Even modern architects of public facilities take this fear into consideration, omitting 13th floors from skyscrapers and hotels and 13th aisles from airplanes. When these two unlucky entities collide on the calendar, it results in a lot of nervous people. While the U.S. Navy refuses to launch a ship on a Friday the 13th, Shaker is unafraid to proctor final exams on the fateful date. But hey, at least if your grade is not satisfactory, you can blame it on the calendar.

JANUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Years Day 1	NO SCHOOL 2	MB Maple Heights A * SW Lakewood H 6 p.m. 3	Trivia Day 4 SW Mentor H 7 p.m. WB Maple Heights H 6 p.m.	Winter Orchestra Concert 7:30 p.m. 5 Cameron Helfrich turns 16	IH North Olmstead H 9 p.m. MB Mentor H* 6	WB Lakewood A** WR LEL Lake Divison Duals H 7 p.m. 7
IH St. Edwards A 6 p.m. 8	National Clean off Your Desk Day SMASH 7 p.m. Theater T3 Improv Show 8 p.m. 9	BOE Meeting 8 p.m. 10 Concert Bands/Concert Winds Concert 7:30 p.m.	International Thank You Day IH Padua A 7 p.m. 11	12	FINAL EXAMS 13 8:30 a.m.-11:30 a.m. Social Studies 1 p.m.-4 p.m. Math MB Lakewood A* WR Maple Heights Dual A 6 p.m. SW Euclid H 7 p.m.	IH Hudson A 3 p.m. 14 MB Brooklyn, NY, varsity only, thru 1/15 SW Orangle Relay/Invitational A 9 a.m. WB Cleveland Hts H 10/12/1:30 p.m.
15 Megan Qua turns 16	NO SCHOOL 16 Martin Luther King Jr. Day	FINAL EXAMS 17 8:30 a.m.-11:30 a.m. English 1 p.m.-4 p.m. Science	Winnie the Pooh Day 18 FINAL EXAMS 8:30 a.m.-11:30 a.m. Foreign Language 1 p.m.-4 p.m. Conflicts/Make-ups	Popcorn Day 19 FINAL EXAMS 8:30 a.m.-11:30 a.m. Conflicts/Make-ups 1 p.m.-4 p.m. Conflicts/Make-ups Drea Franks turns 19	NO SCHOOL 20 End of First Semester IH Strongsville H 9 p.m. SW Cleveland Hts. A 7 p.m. WR Mason Tourn. V H thru 1/21	21 MB Cleveland Hts H 10/12/1:30 p.m. WB Euclid H**
22 Yellowcard at the Odeon 7:30 p.m. \$20	23 Second Semester Beings WB Cleveland Hts. A**	24 SW Solon H 6 p.m.	25 Early Dismissal WB Admiral King A**	26 Mia Engram turns 18	27 Black History Month Kick-Off IH St. Ignatius H 9 p.m. MB Euclid H* SW Lakewood A 5 p.m. thru 1/28 Wr Austintown-Fitch V Tourn. A thru 1/28	28 MB Brush H 12/1:30 SAT 7:45 a.m.-1 p.m. WB Mentor H** IH Normandy A 8:30 p.m. WR North Canton Hoover JV Tourn. A 10 a.m. High School Rock-Off “Final Exam”
29	30	American Math Competiton 31 Jeff McIntosh turns 17	KEY H - Home A - Away WB - Women’s Basketball WR - Wrestling *Freshman at 4:15 p.m. JV at 6 p.m. and V at 7:30 p.m. ** V at 4:15 p.m. and JV at 6 p.m. (Ice Hockey games listed at H are at Thornton Park)			

FINALLY A FINAL YOU DON’T HAVE TO STUDY FOR

Studies have shown that music helps increase concentration, so consider putting some rock into your study plans this month. Seventy-two of Cleveland’s best high school bands will participate in a massive month-long battle of the bands. The 10th Annual Mountain Dew MDX High School Rock-Off, held at the Odeon Concert Club, is the premier concert event for high school bands. The competition consists of the semi-final rounds, which take place each Friday and Saturday of the first three weekends in January. Tickets are only \$6. The culminating battle -- in which the three semi-finalists face off -- is called the “The Final Exam” and costs \$10 and takes place Saturday, Jan. 28. No studying required.

Shaker Heights
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FINDING A HANDS-FREE FLUSH

In the last month, Shaker has updated some rest rooms by installing motion-sensitive toilets. The high-tech toilets are located in boys' and girls' rest rooms and also will be installed in some faculty lounges. The reason for the upgrade was "probably energy costs," said Head Custodian Tim Bates. Not all rest rooms will be overhauled, but the scheduled changes will be finished over winter break.

PLAN WOULD NIX HALLS, STAIRS AS LUNCH LOCALES



BY AVIVA ARIEL AND EMILY GRANNIS
EDITORS IN CHIEF

Muddy boots, spilled Coke and smashed french fries – all are ground into the floors of the high school. Yet hundreds of students choose to eat off of them every day.

"It's my spot," freshman Paige Dingess said defiantly while eating her lunch with friends fourth period Dec. 6 near the large auditorium balcony on the second floor. "I don't like the cafeteria. Ew, it's gross!"

Dingess and the 300 or so students who eat on the floors or stairs of the high school each day may soon have to find tables instead. In response to concerns raised by faculty committees, Principal Michael Griffith has proposed a plan to decrease disruptive hallway traffic during lunch periods. Griffith's ideas include keeping cafeteria food in the cafeteria and stopping students from eating in the halls.

"There's been an ongoing concern about what's going on with distribution [of students] between periods four and eight," Griffith explained to Student Council members at their Dec. 6 meeting in the cafeteria.

"The object is to limit movement but allow students to take care of appropriate academic and school business." Griffith was seeking council members' feedback and support for his plans.

The proposal would forbid students (except seniors) from wandering the halls during lunch periods, encourage the use of specific bathrooms and keep students (except seniors) who buy cafeteria food from exiting with it. Students would be instructed to eat in either the cafeteria or the egress (except seniors, who also have the choice of eating in the senior lounge).

Senior Ann Lesnefsky, who eats eighth period at the entrance to the large auditorium balcony, was clear about her problem with the designated eating areas.

"The egress really smells," she said.

In his presentation to Student Council, Griffith made it clear that these changes are not precipitated by student behavior but by the facilities available (or not available, as the case may be).

"We need a bigger space," he said. "We wish the restrooms were [in the cafeteria],

but they're not."

Student Council members questioned the changes' impact as well as the administration's ability to enforce them when faced with a disgruntled student body. Griffith emphasized that effectively implementing the plan would require "a full community agreement" and promised to take no further action without consulting Student Council.

"It centers around the cooperation of the student body – that's huge," Griffith said, noting that he does not want the changes to infringe upon student freedoms within the building or the open campus policy. "We want it to be reasonable."

Despite administration efforts to make the policies accommodating, several groups of students have already lobbied Griffith to keep their lunch spots. Others plan to resist when the changes are implemented.

Sophomore Yuri Ortiz eats in the stairwell next to the box office with his friends.

"We would eat here even if we weren't allowed," he said. "We would ignore the rule."

Adam Maraschky and Wesley Lowery contributed to this story.



• The alcove in front of the small auditorium is one of the most popular places to eat lunch.

• Students also congregate on stairs. Griffith is concerned about the need to clean up lunch messes throughout the building



• Noise from the stairwells often echoes into classrooms. Teachers are frustrated with the disruptions.



• Students who sit near classrooms can disturb the academic climate.



• Alcoves and back hallways are common lunch spots, but they would be off-limits under the proposed policy.



Dan Snider, Aviva Ariel • The Shakerite

Ringling in the holiday season the right way: by spending your cash

Compiled by Lena Newman

	MOM	DAD	BEST FRIEND (GIRL)	BEST FRIEND (GUY)	YOUNGER SIBLING	OLDER SIBLING
CHEAP	"Memoirs of a Geisha" by Arthur Golden \$16.98 www.amazon.com	Binchotan soap bar \$16.95 www.soap-please.com	Cotton factory vintage T-shirt \$9.99  www.cottonfactory.com	Leather cell phone pouch Your cell phone is like family, so protect your beloved in the finest. \$6.99 www.accessorygeeks.com	Cranium Hullabaloo A game described as "Twister meets Simon Says," this buy will ensure plenty of good times ahead. \$14.99 www.toysrus.com	Maybe This Christmas Tree CD \$14.99 www.fye.com
AVERAGE	Brake's by Steve Madden \$49.95 www.stevemadden.com 	Money clip It's a classic Dad gift, and for a little extra panash you can bring it to Things Remembered and have it engraved. \$46 www.nordstroms.com	Layered necklace Perfect for a holiday party or a night out frolicking in the snow. And besides, everyone else wears them, so you should, too. \$24 www.alltherageonline.com	Viva la Bam Seasons 2 & 3 DVD \$22.99 mtvshop.mtv.com	Harry Potter and the Goblet of Fire video game \$39.99 www.circuitcity.com	Godiva Holiday Gift Box (20 pieces) \$25  www.godiva.com
EXPENSIVE	Hot Stone massage What's better than an hour of pampering after she's dealt with you during finals? \$95 for one hour www.charlottesdayspa.com	Tickets to a Cavaliers game \$94 for two lower-level seats  www.ticketmaster.com	iPod shuffle \$99 for 512 MB Apple store, Legacy Village	Paul Frank Guitar Dude Watch \$70 www.urbanoutfitters.com	Cozy robe \$49.50  www.gap.com	Applause Light Between homework, friends and family, your life is like a sitcom. Buy this lighted sign and your set will be complete. \$39 www.pbteen.com

Shaker Speaks

12.15.05

GOOOOOD MORNING, SHAKER!

From xylophone chimes to over-hyped seniors, the daily PA announcements provide the student body with excess enthusiasm at promptly 9:49 every morning. While it's nice to know what's going on in the high school, the intensity of our performance-enhanced PA announcers is more that of a kindergarten class that recently discovered Barney doesn't exist. So next time you request clemency for an ex-gang banger, please do so



Yanni Davros • The Shakerite

Pressure to achieve harms students

Pressure is inherent in high school students' lives. No one expects the teenage years to be a piece of cake, but the high school and the Shaker community push the level of pressure past tolerable to extreme.

The pressure comes from many sources: constant pressure from parents to maintain a certain GPA, counselors' tones of voice when discussing schedules and course levels, and senior-year college meetings that often end in tears and hurt feelings. As finals loom, teachers have begun overloading on homework to finish a semester's worth of material. There's a reason why Stuart Gilbert, chairman of the health and physical education department, said stress management is an "extremely" popular choice for physical education classes; he said the class is always full.

Shaker takes pride in its competitive school system; however, the relentless drive to maintain excellence notably affects students. Studies have shown that teenage stress increases one's likelihood for

heart disease, cancer, stroke, arthritis and diabetes. Also, stressed students don't sleep as well, are more likely to become depressed and are less able to cope with minor stressors as adults.

In addition to being unhealthy, many things Shaker students stress about are blown out of proportion by worried adults and peer groups that feed off of each other's anxiety. The SATs and ACTs are just tests; a study done at the University of Pennsylvania showed that SAT scores do not predict how well you will do in college.

As students, we need to keep in mind that one assignment will not make or break our grades or our lives. In the same vein, counselors, teachers and parents need to remember that we de-

serve some time to have fun and relax; relentlessly breathing down our necks will just drive us crazy.

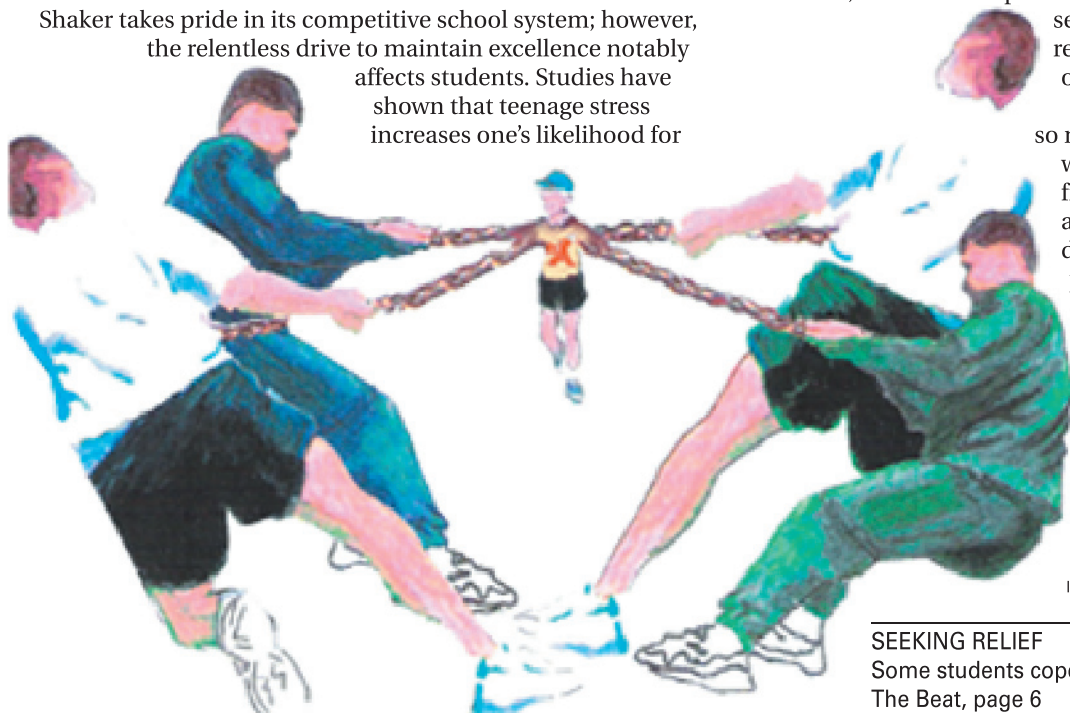
Students can only handle so much pressure, and the overwhelming tug on our lives and free time is not only stressful, but also counterproductive. If students could hold themselves to personal standards they would be more motivated and would attain higher achievement.

So if your winter break is poised to be two weeks of make up work and studying for finals, remember that there is fun out there. Enjoy vacation and take some time to chill.

Illustration by Jenny Kutik • The Shakerite

SEEKING RELIEF

Some students cope with stress through self injury. The Beat, page 6



Students can only handle so much pressure, and the overwhelming tug on our lives and free time is not only stressful, but also counterproductive.

Use discretion when donating

Shaker is a giving school community that boasts open minds and open wallets. I donate money left and right to fundraisers for various school groups without question. The one fundraiser I cannot support is the United Way fundraiser, sponsored by Student Council. It is perhaps the biggest fundraiser of the year, and encourages students to blindly give money to organizations that discriminate against homosexuals.

United Way, an organization that helps millions of people, has raised funds at Shaker for years. Many of the agencies funded by United Way help make Cleveland a better place by helping those in need. They provide educational opportunities, promote health and assist people in need.

So what's the problem with United Way? I have a problem with my money going to organizations that discriminate. The Salvation Army and Boy Scouts of America are two such charities that United Way supports. Both organizations discriminate against homosexuals and, therefore, are companies I will not support. While United Way has stated publicly that it has begun to reduce funds given to Boy Scouts, United Way of Greater Cleveland states on its website that it will continue to support Boy Scouts with hundreds of thousands of dollars.

Shaker is a community that promotes diversity and tolerance and, as a community, I believe we should not financially support organizations that do not embrace Shaker's standards. If United Way supported an organization that did not hire African Americans, there is certainly no way the school would donate money, and I wouldn't be writing this column. But for some reason, because homosexuals are the targeted group, people look the other way.

I'm not writing this column to rat out United Way. I think it is a wonderful organization that helps distribute donated money among the many charities in our community. However, I feel that as a progressive community, we need to take a stand against discrimination and not allow our money to support discriminatory institutions. If we are going to continue raising money for United Way, Student Council should choose organizations that are commensurate with Shaker's philosophy and insist that Shaker's money be directed to those groups.

As a representative of my class, I raised my concerns with Student Council, and while my ideas were accepted, they were not acted upon. I was told that United Way would not allow us to designate the agencies that would receive our money. If this is true, then I believe that Shaker should reconsider its support of United Way. I know that Student Council and Shaker have good intentions and want to help others. At the same time, we should also embrace tolerance and equality. There are numerous other organizations that provide help without discriminating.

I can't support discrimination, and neither should Shaker, because without acceptance and equality, where would Shaker be?



Miriam Moore



SYMPTOMS OF DEPRESSION

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness and helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed

- Decreased energy, fatigue or feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability

The Beat

12.15.05

STUDENTS REVEAL SELF-INJURY

STRESS- BUSTING TIPS

1. AVOID MULTITASKING.

Make a list of things you need to do and number them in order of importance. Getting one thing done -- and getting it done well -- will serve you better in the long run.

2. GO FOR A RUN.

Regular exercise is one of the best ways to occupy your mind and get rid of stress.

3. AVOID CAFFEINE.

Caffeine ends up fueling your stress. Instead of drinking coffee, Coke, or tea, try switching to fruit juice.

4. GET TO BED.

Be sure to get at least eight hours of sleep every night.

Editor's Note: The names of students have been changed to ensure confidentiality.

BY KELSEY DEFOREST
STAFF REPORTER

Alice was sitting in English class, searching for a way to release the emotions buzzing inside her. She was fighting with her friends, her parents and the boy she liked would not give her a second glance.

"All I could find was a paper clip . . . and I just started to scratch [at my wrist]," said the white sophomore, recalling the first time she cut herself. "It hurt, but it was a good pain."

Alice is not alone in her compulsion. She practices self-injury -- she intentionally harms herself, usually in response to stress or trauma. The injuries are not typically life threatening, and the individual's intent is not to commit suicide, according to WebMD.

School nurse Paula Dworkin, who has been at Shaker for six years, characterized self-injury as an "abnormal coping method." Dworkin added she sees a couple students each year who hurt themselves. The reluctance to reveal their habit -- especially to adults -- accounts for the small number.

Many blame the media for the increase in self-injurers. Television shows such as "90210" and "Seventh Heaven" have discussed self-injury, and the films "Thirteen" and "Girl, Interrupted" had self-injurers as main characters and may have introduced some teenagers to the practice.

Diane, an African-American freshman, admitted learning about self-injury from TV. Others

believe stress

For some students, academic, social and/or family stress becomes unbearable, leading to self-injury, which can take many forms, such as cutting, burning and scratching. This causes the brain to release endorphins, creating a high.

"It makes emotional pain tangible, something you can take care of by applying a [bandage]," said Cindy, an '05 graduate.

There is also thought to be a strong link between low self-esteem and self-injury, according to Self-harm.org.

Alice said she often self-injures because she feels inadequate. "Instead of crying, I cut. That's

how I deal with my sadness," she said, adding that she has been cutting for a little more than six months. In that time, cutting has replaced crying as a coping mechanism.

"I'm stressed out, and that's the first thing that comes to mind," Alice said.

For most self-injurers, physical pain is much easier to deal with than emotional pain. Dworkin said that self-injurers replace their anger, depression or feelings of numbness with the physical pain that comes from self-injuring.

For others, feeling as though parents and teachers are too controlling is common.

Bethany, a white senior girl, said, "[Self-injury is] something that I can get control over in my life." She added that she often feels as though she is watching her life pass by without being able to control anything that occurs.

Self-injurers react to triggers -- events that particularly distress or disturb them. Bethany said she felt insecure about her appearance and thought no one liked her. School social worker Chris Ruma-Cullen said anxiety and emotional extremes often lead students to self-injury. "They are definitely doing it because of pressure," Ruma-Cullen said.

Prior to an episode of cutting, a person may feel overwhelmed by many different emotions or, conversely, a person may feel numb. In either case, the use of injury is on the rise.

In a January 2005 article in The Plain Dealer, Guidance Department Chairwoman Eileen Blattner said

20 years ago, self-injury was virtually unheard of, but "over the past five years, though, it is not unusual for me to have at least eight to 10 students each year who cut themselves."

Dworkin believes adults have gotten better at recognizing the signs of self-injury, such as frequent, unexplained injuries, wearing long pants and sleeves in warm weather, low self-esteem, relationship problems, difficulty handling feelings and poor functioning at

school, work and home, according to the National Mental Health Association.

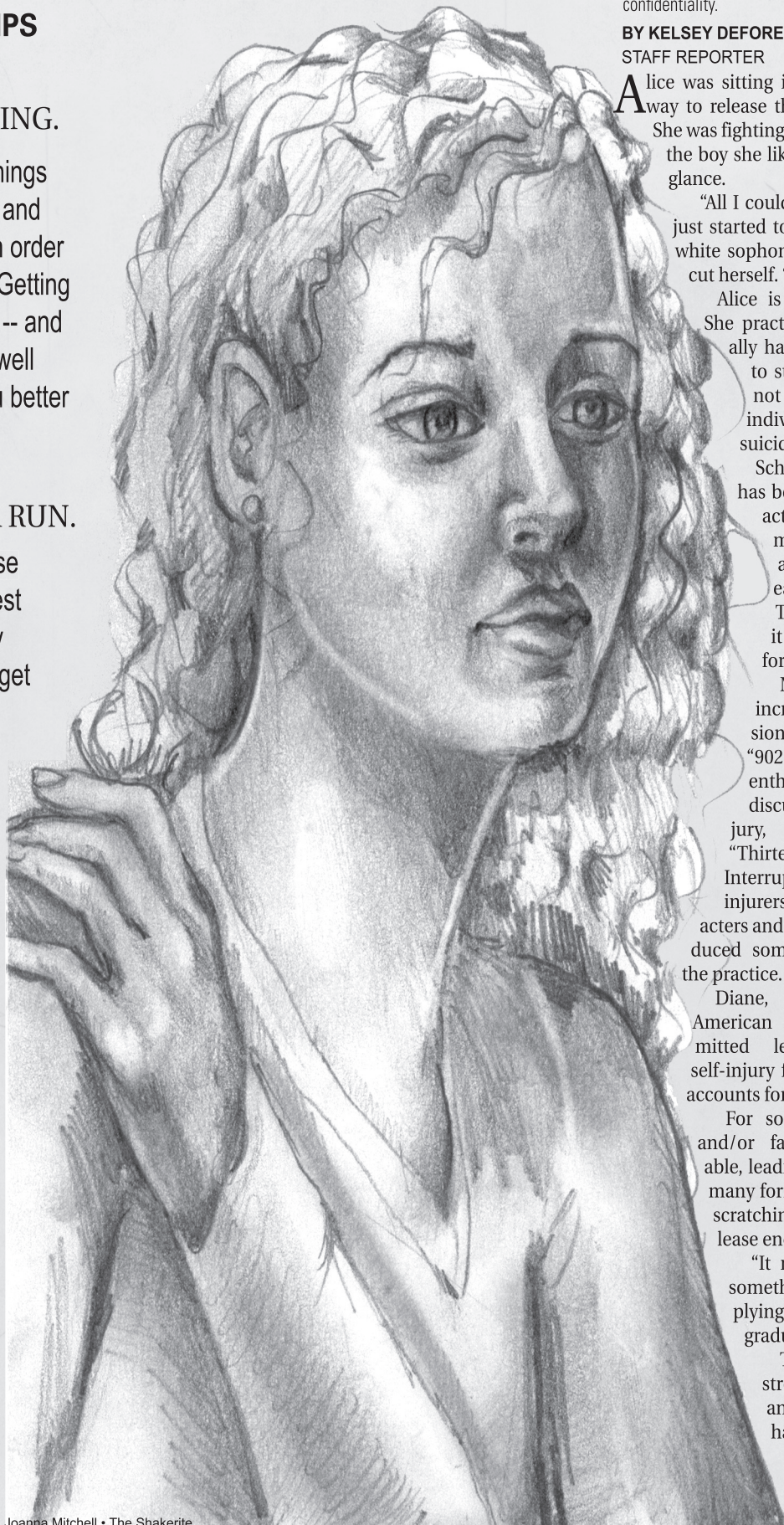
Ruma-Cullen said self-injury occurs among all kinds of students.

Eric, a white freshman boy, self-injured in eighth grade, after several family members died, but like most cutters, tried to stop. "It's the wrong way to solve problems," he said. Now, Eric talks to friends or siblings when he gets the urge to self-injure.

A university psychological services website suggests that those who want to stop self-injury should distract themselves in a safe way, such as cleaning, exercising or doing something artistic. Mental health experts also suggest substituting something safe, such as a red marker or a toothbrush, for the implement used to self-injure.

Bethany said she is trying to stop now.

"I took off all my bracelets so that if I were to cut myself, people would see," she said.



DEPRESSION STATISTICS

- As many as **one** in every **eight** teenagers suffers from depression
- Between 3 percent and 5 percent of **teenagers** experience depression each year.
- Suicide is the **third** leading **cause of death** among young people ages 15-24.
- Suicide is the **sixth** leading **cause of death** among children ages 5-14.

For a very alternative Christmas story, check out "The Santaland Diaries" at Cleveland Public Theatre. Running Nov. 23-Dec. 18, four nights a week, it provides a one-man rendition of life as an elf at Macy's. This hysterical play shows the bitter, angry and humiliating feelings one gets when he must work every day as one of Santa's little helpers. "The Santaland Diaries" was so popular last year, CPT brought it back for a second year. Performed by Joe Mantello, with an admission price of only \$10, "The Santaland Diaries" offers a hilarious view of the Christmas spirit. For more information go to www.cptonline.org



SHAKESPEAREAN SUCCESS

SOPHOMORE MAX CHERNIN, junior Angie Lenor, sophomore Jack Sutorius and senior Nate O'Halloran practice a scene during a dress rehearsal for "Twelfth Night."

BY LIZ KANTOR
LIMELIGHT EDITOR

Cross-dressing, love triangles and mistaken identity made for Shaker's fabulous production of "Twelfth Night."

“Twelfth Night” is a love story, with Olivia, Sebastian, Viola and Orsino at the center. Siblings Viola (junior Annie Sivertson) and Sebastian (senior Eric Brakey) are shipwrecked, and each thinks the other has drowned. In order to support herself, Viola dresses like a man and becomes a servant to Duke Orsino (senior David Kohn). Orsino is wooing Olivia (junior Eileen Lalley), but she falls in love with Cesario, Viola’s persona. In the end Orsino marries Viola, and Sebastian marries Olivia. A subplot involving

Olivia's uncle, Sir Toby, his friend, Sir Andrew and Malvolio (sophomores Max Chernin, Jack Sutorius and Aaron

Dunn, respectively) and Olivia's servant, Maria (junior Angie Lenor) provided most of the humor.

The eight lead actors were excellent, portraying their characters with conviction. They clearly owned the Bard's language. Sir Toby and Sir Andrew's storyline was the most memorable. Sir Toby, Sir Andrew and Malvolio stood out – Chernin and Sutorius acted believably inebriated for most of the play, and Dunn was passionate in his depiction of a man going mad. The trio delivered lines with gusto, and Chernin's physicality – he was often right in other actor's faces – helped him sell Sir Toby's drunkenness.

Among the few shortcomings was inconsistent lighting. During much of the first act, it seemed like it was night even when it was supposed to be broad daylight. Also, there were times when some lines were incomprehensible. (The actors are not individually miked.) From the fifth row, it was difficult to understand some dialogue.

"Twelfth Night" is a long play, and although the director cut some of the show, it lasted three hours, with a 12-minute intermission about halfway through. Some scenes dragged.

Nevertheless, the play's length did not detract from its amazing cast. Directed by department chairwoman Christine McBurney and produced by McBurney and theatre teacher Erik Johnson ('98), Shaker Theatre's production of "Twelfth Night" was well executed, humorous and entertaining.



Courtesy of Neal Hamilton

10
second
critic



"I understood it pretty well. My favorite part was when [Malvolio] opened his robe and showed his stockings."

Coreion Smith
junior



"I think it had some highlights; however, a lot of it was rather slow."

Daniel Strassfeld
sophomore



"I thought the actors did a really good job, but it wasn't a really good play to start with."

Lizzy Quigley
junior



"It took about 10 minutes to understand, because it was by Shakespeare, but after that I understood it completely."

Aaron Lynch
sophomore

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WITH MR. CUDÁ

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- Travel with your old middle school teachers and friends
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For more information, call or e-mail Mr. Cuda: (216) 295-4721 or cuda_t@shaker.org

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DON'T STUDY; WATCH MOVIES

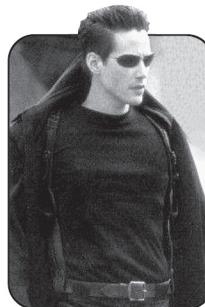
BEST SPORTS MOVIE:
"MIRACLE" (2004)

You can't make it to the hockey game because your parents are making you study for your English final. Pretend you're gay-baiting US at Thornton while watching this movie about the 1980 U.S. Olympic Hockey team crushing Commie scum.



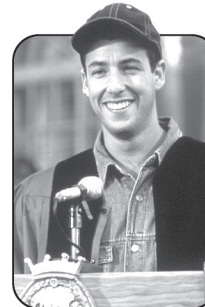
BEST ACTION MOVIE:
"THE MATRIX" (1999)

What's cooler than seeing Reeves beating the crap out of authority figures? Just imagine the agents are your least favorite teachers . . . and you are Keanu Reeves.



BEST COMEDY:
"BILLY MADISON" (1995)

Billy has to complete 12 grades and only two weeks to complete each grade. You have two weeks to study and pass all your finals. You two have a lot in common. Bond with Billy while watching this movie.



**BEST '80S MOVIE:
"THE BREAKFAST
CLUB" (1985)**

Technically, it's about five students in Saturday detention in the library, but it's really about so much more. They're supposed to be studying, too, so pop in the DVD and call it two hours of test prep. SCORE!



Compiled by Liz Kantor



BARTLEY TAKES CONTROL OF OHIO WIN RECORD

With a 3-2 overtime victory over Padua Dec. 2, hockey coach Mike Bartley recorded career victory number 508, surpassing former St. Edward coach and rival Bob Whidden. Last year, along with Whidden and Sylvania Northview coach Jim Cooper, Bartley became one of only three coaches in Ohio high school hockey history to record 500 wins. Sophomore Sam Weir appreciates playing for Bartley. "I feel honored to be coached by him," he said. "He's earned everything he's received."

DEFENDING THIS COMET A TALL TASK

• Bess stands up against Solon's 6'9" junior Dallas Lauderdale, but Raiders fall short, 56-37



Dan Snider • The Shakerite

DEFENDING THE LANE, 6'2" 220 lb. Senior Chris Bess (32) goes up against 6'9" 235 lb. Dallas Lauderdale in a 56-37 home loss Dec. 3. Lauderdale scored 18 points and had 15 rebounds with four blocked shots.

BY MIKE YOUNG
RAIDER ZONE EDITOR

It seems unfair that you could lob a pass toward the rim and have someone glide into the air and slam it down every time.

But it's a harsh reality the men's basketball team faced Dec. 3.

Solon, coming off an undefeated regular season last year and led by its junior center Dallas Lauderdale, faced off against Shaker in the North Gym in the Raiders' first game. Although Shaker remained competitive throughout the first half and trailed by only six points at the start of the fourth quarter, the Raiders had a tough time containing Solon's big man. At 6'9" 235 lbs., Lauderdale outweighs the tallest Raider, 6'7" Josh Lewis, by 42 lbs. The Comets took off on a 15-2 run and took home a 56-37 win.

Lauderdale scored 18 points and grabbed 15 rebounds. Many of his points came in the form of jaw-dropping dunks (one of them reverse) that punctuated Solon's transition game.

On the defensive end, Lauderdale blocked four shots in the first 12 minutes, which effectively altered Shaker's offensive strategy. In the second half, most of Shaker shots were launched from outside the paint. For the game, the Raiders shot 28 percent.

Shaker's Chris Bess (6'2", 220 lbs.) and A.J. Clair (6'4", 200 lbs.) drew the unenviable assignment of guarding Lauderdale.

After the game, Lauderdale praised Bess' defense.

"He's an excellent defender, he had leverage on me," Lauderdale said.

dale said.

Bess was equally complimentary of his opponent. "[Lauderdale's] got nice size . . . There's room for improvement, but nobody can contend with him," Bess said.

Clair also noted Lauderdale's court presence.

"You always have to have a body on him. He's that dominant of a player," Clair said.

Lauderdale not only has the height necessary to be a dominant high school player, but his skills are also good enough to make him one of the top high school recruits in the nation for 2007. On rivals.com, a prominent recruiting website, Lauderdale ranks 21st out of the top 100 junior prospects. Lauderdale said the University of North Carolina, Syracuse University and The Ohio State University are possible college destinations. "They're all even," he said.

To make it to the NBA, however, Lauderdale would need to improve on an already good game. "I would love to see him consistently attack and go get buckets," a scout stated on scout.com. "His size allows him to wear on smaller players."

The North Gym was filled to capacity, with Solon fans accounting for nearly half the crowd. Although Shaker lost, Raider fans got a good look at a burgeoning basketball force, and Lauderdale's size and skill were the focus of a lot of student talk at school Dec. 5.

"Those were NBA-quality dunks," sophomore Tabitha Anderson said.

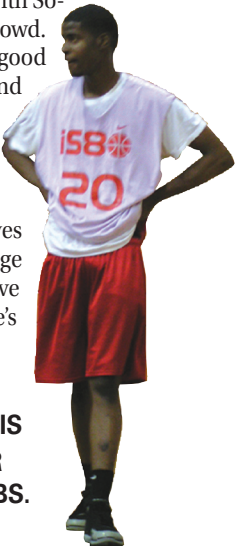
Shaker head coach Bob Wonson believes that Lauderdale will be a leading college player. "He needs to improve his offensive game, but defensively and physically he's there right now," he said.



A.J. CLAIR
POWER FORWARD
6'4" 200 LBS.



DALLAS LAUDERDALE
CENTER
6'9" 235 LBS.



JOSH LEWIS
CENTER
6'7" 193 LBS.

THORNTON CHANTS PROMOTE PREJUDICE OVER PRIDE

BY AVIVA ARIEL AND EMILY GRANNIS
EDITORS IN CHIEF

According to one Shaker hockey fan, Shaker spirit rests on how low we can make our opponents feel. To that end, hockey games are less about the competing athletes and more about the fans, some of whom were more interested in how many slurs they could hurl at the opponents than in cheering for the Raiders Dec. 2.

At school that day, the halls were abuzz with rumors of some students' plan to bring white trash bags to the Padua game, all the better to insult the Parma folks who, according to the 2000 U.S. census, have the audacity to earn a measly \$43,920 per household compared to Shaker's whopping \$63,983. (Clearly, those \$20,063 make the difference between trash and treasure). Rarely was anticipation of the game itself expressed. But that's nothing new; we've written about this topic for years.

So in the spirit of hockey fandom (or at least Shaker's version of it), The Shakerite has compiled a handy reference guide for use at future hockey games. Start by determining your relationship to the opposing team, school and community. Then follow the directions until you land on your favorite chant. You'll know you've won when you're clearly not seen as the party pooper who actually went to the rink to watch the game.

BUY TICKETS Get yours from an upperclassman for \$45.	YOU'RE RICHER THAN THEY ARE Feel free to chant: a) "You're gonna work for us some day!" b) "Make our lunches!"		IF THEY'RE FROM PRIVATE SCHOOL They're probably unisex or religious (or both). See: a) Gay Raider: Homophobia - one size fits all. b) Religious Raider: Come on! Make fun of their morals.	GET CAUGHT DRUNK Run.
UNISEX SCHOOLS We might love gay people when we play Catholic schools, but not now. Just stick to one key word: "Fag."	WARNING: Be prepared for US to say this to you.	WARNING: They're probably richer than we are.	IF THEY'RE LESS/MORE DIVERSE More than 52 percent minority? Feel stupid. That was the one thing you had going for you.	IF THEY'RE LESS/MORE DIVERSE Homogenous school? Boast you "love blacks." Forget our segregated cafeteria.
BUY BEER Pregaming is a must.	IF THEY ARE A RELIGIOUS SCHOOL Agnon and Schechter don't have hockey teams, and the Pope just decided gay men can't be priests, so say: a) "We love Jews and gays! What now?"		IF THEY'RE FROM PUBLIC SCHOOL Because we are, too, you can refer to: a) Gay Raider: Those homos are everywhere! b) Diversity Raider: We've got SGORR. Enough said.	RUSH SECURITY Don't forget to trample them.